

CalPERS Preventive Care Guidelines

- You should discuss with your physician the best approach to preventive services for you and your family.
- CalPERS health plans cover preventive services following the requirements of National Healthcare Reform according to the 2010 Patient Protection and Affordable Care Act (PPACA). The National Healthcare Reform regulations specified that health plans must cover certain preventive services without any cost to you. The preventive services that must be covered are based on recommendations of:
 - United States Preventive Services Task Force
 - Advisory Committee on Immunization Practices of the Centers for Disease Control and Prevention
 - Health Resources and Services Administration for infants, children, adolescents, and women
- The following websites outline the preventive services covered by your CalPERS health plan at no cost to you according to PPACA:
 - United States Preventive Services Task Force: [USPSTF A and B Recommendations](#)
 - Advisory Committee on Immunization Practices of the Centers for Disease Control and Prevention: [Immunization Schedules](#)
 - Health Resources and Services Administration:
 - [Recommended Uniform Screening Panel of the Secretary's Advisory Committee on Heritable Disorders in Newborns and Children](#)
 - [Periodicity Schedule of the Bright Futures Recommendations for Pediatric Preventive Health Care](#)
- In addition to preventive services covered without cost under PPACA, you may wish to discuss with your physician [preventive services that may or may not be covered without cost.](#)